

Equipment

Woggle/Noodle

## Session 28

Total lengths = 60 lengths

Total distance = 1,500m

Warm Up

200m FC

Main Set

1. 500m FC Steady pace: try to swim the last length as well as the first  
Rest for 60 seconds or 90 seconds if required
2. 100m BC X 3  
30 seconds rest
3. 500m FC Steady pace: try to swim the last length as well as the first  
Rest for 60 seconds or 90 seconds if required

Cool Down

100m BRST

Relax

Mushroom float to handstand

**Tips for Session 28**

## Front Crawl leg kick without a board

- 1) Leg kick as normal
- 2) Keep both arms straight out in front with one hand on top of the other
- 3) Head down between arms, close that ears are touching arms
- 4) Lift your head to the front to breathe while keeping legs kicking continuously

## Catch Up Arm Pull

- 1) As tips for session 5 working one arm at a time
- 2) Concentrate on pulling each hand back until each thumb rubs of the leg to complete the pull before taking the hand out of the water
- 3) Using the arm from shoulder to fingers push the hand forward until the arm is fully extended just under the surface of the water.
- 4) Reach forward without over stretching

## Mushroom Float to Hand Stand

- 1) On your front tuck your knees into your chest and tuck your chin into your knees
- 2) Start with your arms wrapped around your legs then push your hands straight out in a downwards direction towards the pool floor, head between your arms.
- 3) As your hands are pushing downwards push your legs out of the water from their tucked up position and keep them close together.
- 4) Reach your hands towards the floor. If you cannot reach the floor use a breaststroke arm pull, pulling back from a downward start position.
- 5) Your hands should be on the floor and your legs straight out behind you completing the hand stand. Always keep your hands in front of you to protect your head

**Session 29**

Total lengths = 60 lengths

Total distance = 1,500m

**Warm Up**

200m FC and BC: swim in order of your choice

**Main Set**

1. 400m FC (focus on quick turns)  
60 second rest
2. 200m as 50m BC, 50m BRST, 50m BC, 50m BRST  
30 seconds rest
3. 400m FC (focus on quick turns)  
60 seconds rest
4. 200m as 50m BC, 50m BRST, 50m BC, 50m BRST  
30 seconds rest

**Cool down**

100m BC

**Relax**

Treading water

**Tips for Session 29**

At this stage you have developed your stroke, relax and find your rhythm for:

- 1) Pushing off
- 2) Streamlining
- 3) Stroke technique
- 4) Breathing
- 5) Turning

**Treading Water**

- 1) If you are not comfortable yet treading water on your own start from the beginning of the tips, if you are comfortable skip to tip 5.
- 2) Use a woggle and Practice where you can stand up, place the woggle around your back and hold it in front of you with both hands and think of sitting in a chair.
- 3) Moving both legs bend your knees and raise them up towards your chest as if sitting down.
- 4) Separate your knees and push them out to the side then downwards with the sole of your feet facing the pool floor.
- 5) Avoiding straightening the legs out completely and bring them back together to start again.
- 6) Let go of the woggle and practice your hands and legs together. Keep your elbows bent, arms out in front just below the surface and in line with the shoulders. Using circular arm movements push your hands downwards and outwards away from you then turn your hands towards each other and push them back to where they started from. The hands don't need to meet but flow in a figure of 8 back and forward.
- 7) Moving too fast will use up your energy and will not enable your head and shoulders to stay above the surface so it is important to relax.

**Session 30**

Total lengths = 64 lengths

Total distance = 1,600m

This is the first time you will have swam the 1,600m in training 😊

**Warm up**

200m FC/BC

**Main set**

1. 100m FC X 4  
Concentrating on the push and glide at the start of each length  
Head position: head relaxed, eyes looking downward and forward  
Leg kick working from hips keeping legs near the surface  
1 minute rest between each 100m
2. 200m FC (Pace yourself to swim the 8<sup>th</sup> length as good as the 1<sup>st</sup> length)  
60-90 seconds rest
3. 50m BRST X 3  
30 seconds rest between each set of 50m
4. 200m FC (Pace yourself to swim the 8<sup>th</sup> length as good as the 1<sup>st</sup> length)  
60-90 seconds rest
5. 50m BC X 3  
30 seconds rest between each set of 50m
6. 200m FC (Pace yourself to swim the 8<sup>th</sup> length as good as the 1<sup>st</sup> length)  
60-90 seconds rest

**Cool Down**

100m BRST

**Skill:** Have a go at swimming butterfly

**Relax:** Floating

**Tips for Session 30**

## Butterfly Body and Head Position

- 1) Like Breast Stroke, the body position in Butterfly changes. The stroke is made up of an undulating movement through the whole body while keeping shoulders and hips as horizontal as possible.
- 1) Starting with your face down in the water, eyes looking forward and downward.
- 2) The crown of your head leads the way through the water. While your whole body is moving up and down try to remember this will not propel you forward, undulating is to enable the stroke to work which will move you forward.
- 3) Throughout the stroke remember you want to be as streamlined as possible enabling you to move effortlessly through the water.

## Leg Kick

- 1) The whole body undulates through the stroke right through to your toes.
- 2) Keep your ankles and knees close together.
- 3) As your legs move upwards your knees will bend slightly, let your feet relax.
- 4) As your legs kick downwards extend your legs and point your toes.
- 5) Your legs move upwards in a slow action and downwards in a fast action.

## Arm Pull

- 1) Start with your arms out in front in line with your shoulder.
- 2) Pull your hands back through the water bending your elbows with hands turned slightly downward.
- 3) Pull your hands back through the water in an outward and downward movement, pull the hands in a circular action and just before completing the circle push the hands back towards the thighs until arms are extended. Lift your hands back and out wide of the water, with your elbows higher than your hands push your arms out in front to dive forward into the water, fingers entering the water first.
- 4) Hands enter the water turned slightly with thumb at the lowest point of the hand and ready to start the pull again.

## Breathing and Timing

- 1) Exhale as your arms pull back through the water.
- 2) As you pull your arms out over the water lift your face out to take a breath, keep your chin level with the water.
- 3) Your face goes back down into the water as the hands are entering the water.
- 4) Try breathing every two strokes
- 5) Your body is continuously undulating with your legs moving faster than your arms, there are two leg kicks to every one arm pull.
- 6) Follow the order : kick, pull, kick, recover a) as your hands begin to pull your legs are kicking downward b) as your arms are pulling back your legs are kicking upwards c) as your arms are pulling out of the water your legs are kicking downwards d) as your arms are moving over the water your legs are kicking upwards